Suitable swimwear must be worn at all swimming sessions, in all of our pools.

Swimwear should be made of tight-fitting fabric that allows your body to move freely. Your swimwear must be clean, and only used for swimming.





Designed for

swimming

Normal Hijab Hijab must be designed

for swimming



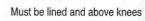
costume to be worn

underneath





No underwear to be worn





Unlined, Not designed for swimming

Too long.



be clean, appropriate material

and only used for swimming.

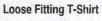


Tight or close fitting. Designed for swimming

Did you know? Loose clothing that isn't designed for swimming is heavy when wet and

increases the risk of

drowning.





Not correct material. Must be tight or close fitting

Ladies/Girls Lycra/Gym Leggings



Tight fitting. Over or under swimsuit

Ladies/Girls Sports Wear/Joggers



Not designed for No denim. Not swimming. Too loose designed for swimming

Not designed for swimming

Ladies/Girls Leg Swimsuit



No underwear to be worn

Swim Cap



Must be designed for swimming. No shower caps





Swim socks only. No other footwear allowed

Swim/Dive Shoes



Not allowed. Latex socks only

Swim Nappies



Must be designed for swimming

Mens/Boys Lycra Running Leggings



Tight or close fitting. Worn with swim shorts

Mens/Boys Sports Wear/Joggers



Not designed for swimming. Too loose

Ladies/Girls Bikini/Tankini



Must be appropriate (Not too revealing)

Above Knee Swim Shorts



Over swimsuit. Must be designed for swimming

Jewellery



Loose fitting jewellery not allowed



Large/hooped earrings not allowed

Did you know? Cotton and some other

materials can hold detergents. terms, and bacteria in them. If worn in the pool these germs and bacteria could be released into the water.

Mens/Boys Long Sleeve Lycra



Tight or close fitting. Designed for swimming

Mens/Boys Loose **Fitting T-Shirt**



Not correct material. Must be tight or close fitting